



# My Pyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group

Tip

Goal

List each food choice in its food group\*

Estimate Your Total



Make at least half your grains whole grains

**4 ounce equivalents**  
(1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)

\_\_\_\_\_

\_\_\_\_\_

ounce equivalents



Try to have vegetables from several subgroups each day

**1 ½ cups**  
Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies

\_\_\_\_\_

\_\_\_\_\_

cups



Make most choices fruit, not juice

**1 cup**

\_\_\_\_\_

\_\_\_\_\_

cups



Choose fat-free or low fat most often

**2 cups**  
(1 ½ ounces cheese = 1 cup milk)

\_\_\_\_\_

\_\_\_\_\_

cups



Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds

**3 ounce equivalents** (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)

\_\_\_\_\_

\_\_\_\_\_

ounce equivalents



Build more physical activity into your daily routine at home and work.

At least **60 minutes** of moderate to vigorous activity a day, 10 minutes or more at a time.

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

minutes

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_